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Celebrity pg 20

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Mayor heads south to talk up investment, rail

TRIP Local investment and a high-speed rail line to Vancouver are on Mayor Gregor Robertson's agenda during a three-day trip to Seattle and Portland.

Robertson leaves this afternoon on a trip that coincides with a trade mission by the Vancouver Board of Trade to Portland.

"I'm looking forward to promoting Vancouver as a great place to work and invest in challenging economic times," Robertson said.

He added that a high-speed rail line along the West Coast will be discussed. "With the (U.S. President Barack) Obama's administration's announcement about funding for a high-speed rail line, we need to lay the groundwork with our American counterparts so that I can show other levels of government in Canada that this is happening, and we need them to step up." METRO VANCOUVER

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Vancouver and Canada. This is also a Call to Action for you to send us your suggestions at vancouverletters@metronews.ca, metronews.ca or on Twitter @metrovancouver.

On metronews.ca

- **Share your SunnySide thoughts on Twitter using #sunnyside**
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- **Enter for a chance to win a Sony Blu-ray player**

This week

- **Travel — Best bets for great Canadian vacations**

JEFF HODSON/METRO VANCOUVER

Crystal Dunahee, left, whose son Michael Dunahee is missing, listens to Judy Peterson yesterday at RCMP headquarters in Vancouver.

Mom seeks action on 'Lindsey's Law'

Missing persons DNA identification bill introduced in 2003

JEFF HODSON
jeff.hodson@metronews.ca

For nearly a decade, the mother of a missing Vancouver Island girl has lobbied the federal government for legislation that would match missing persons DNA with found human remains.

"Lindsey's remains could be sitting somewhere in Canada in a coroner's office and I would never know," said Judy Peterson, whose 14-year-old daughter Lindsey Jill Nicholls disappeared in 1993.

It is believed Lindsey was hitchhiking and was last seen on a rural road outside Courtenay, B.C.

Speaking at RCMP headquarters yesterday on national missing children's day, Peterson said her quest for the databank makes her feel like she's still doing something to look for her daughter.

When Lindsey had been missing seven years, Peterson decided to enter her DNA to see if it matched the DNA of any unidentified human remains.

She said she was horrified to discovered that such a databank didn't exist in Canada, or rather, she explained, the software existed, it just hadn't been switched on.

"What if she has been murdered? What if her body is human remains somewhere?"

In 2003, Peterson received a call from then federal solicitor general Wayne Easter who told her the legislation was on the agenda.

Gary Lunn, the Liberal MP for Saanich-Gulf Islands, introduced a DNA Identification Act in 2003, dedicating it as Lindsey's Law. It still hasn't passed.

"Naively I thought it would be passed that winter," Peterson said. "In fact I went out and bought a coat to go to Ottawa. It's almost worn out now."

Children

- In 2008, 12,045 children were reported missing in B.C. Most were runaways.
- The Amber Alert, which celebrated its fifth anniversary in B.C. yesterday, has been only activated eight times.

Groom dies of apparent overdose after his stag

KELSEA BLOXAM
for Metro Vancouver

KELOWNA A Surrey man died of an apparent drug overdose shortly after his bachelor party, RCMP said yesterday.

Mounties responded to a call at the Delta Grand Hotel in Kelowna at noon on Sunday.

According to Const. Steve Holmes, officers found the body of a man who was a guest at the hotel. His name was not released.

The 26-year-old was in Kelowna with family and friends to celebrate his upcoming marriage. He was last seen alive by friends at 4:30 a.m. and was discovered dead in his hotel room by friends about six hours later, according to Holmes.

He added there is no evidence of foul play and police are not treating the death as suspicious.

"According to witnesses, there was alcohol and drug consumption, namely cocaine, in the previous evening and in the hours leading up to the man's demise," Holmes said.

An autopsy to determine the cause of death was planned for yesterday, but results were not released by press time.

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Belize & Guatemala Hummingbird Highway — FROM **$949** + local payment USD250
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Banff Canada Day Weekend — FROM **$595** + taxes & fees $133
INCLUDES roundtrip airfare and 4 nights 3-star accom in Banff. **ADD** car rental with unlimited mileage from $84. **ADD** discover grizzly bears tour from $139. **ADD** canyon river rafting from $96.

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New leader in Cariboo-Chilcotin vote
A recount in the Cariboo-Chilcotin riding, which placed NDP candidate Charlie Wyse ahead of Liberal Donna Barnett by 23 votes, has now found Barnett in the lead by 59 votes. Another 977 absentee votes still need to be tallied. METRO VANCOUVER

Local

Oppal trails in early count

Wally Oppal, left, Liberal candidate for Delta South, is now trailing rival Independent Vicki Huntington by about 13 votes as recount results have begun rolling in. B.C.'s attorney general held a mere two-vote lead over Huntington after the May 12 election. The final result won't be known until 918 absentee ballots are counted. METRO VANCOUVER

'Quite a humbling experience'

Mission mayor honoured as one of Canada's Top 25 Immigrants

KRISTEN THOMPSON
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It was dreams of becoming a cowboy that brought Mission Mayor James Atebe to Canada from Kenya 30 years ago, but it was acceptance, encouragement and support that kept him here.

In turn, Atebe said he was driven to give back to the people who welcomed him, and yesterday his adoptive country honoured him as one of Canada's Top 25 Immigrants in a Vancouver ceremony.

The people's choice award was created by Canadian Immigrant Magazine.

Other 2009 winners include former governor general Adrienne Clarkson and Academy Award-nominated filmmaker Deepa Mehta.

"To be chosen by the people in the community is quite a humbling experience," said Atebe, who is serving his second term as mayor and also coaches soccer.

"By giving me that recognition is an inspiration to do more."

Atebe said Canada is uniquely accepting of newcomers and values the cultural, social and economic impact of immigrants.

"(The awards are) going to be a legacy that will encourage (other) immigrants to contribute to their communities," Atebe said.

KRISTEN THOMPSON/METRO VANCOUVER

Mission Mayor James Atebe outside the Citizenship and Immigration office in Vancouver yesterday, where he was honoured as one of Canada's Top 25 Immigrants.

Igali busy helping Nigeria

KRISTEN THOMPSON
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It's been a busy week for Olympic gold-medal-winning wrestler Daniel Igali.

The Nigerian-born Surrey resident was home for one day on his way to Ontario from Africa — long enough to announce a fun run he's hosting to raise money for a school he built in his home village.

Daniel Igali

Igali is being honoured in Toronto tomorrow with the Future Aces Foundation's national courage award, in large part because of the work he's doing in his native country.

In 2006 he built the Maureen Matheny Academy, and the five-kilometre fun run — being held in Surrey's Bear Creek Park on Oct. 17 — is meant to raise funds and awareness about his school.

"It's to let people know what I'm doing in Africa, issues relating to education and my foundation, and to get people out of their houses and involved in fitness," Igali said.

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What's online today.

Blog Josey Vogels invites you to anonymously submit your darkest secrets to Sex-cetera, and Hollywood Rants on how the box office triumph of Night at the Museum is bad news for us all

B.C. chief seeks to replace Fontaine

JEFF HODSON
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A hereditary chief from Vancouver Island will announce tomorrow that he's running to replace Phil Fontaine as national chief of the Assembly of First Nations.

Shawn A-in-chut Atleo, a hereditary chief of the Ahousaht Nation on the West Coast of Vancouver Island, has served as elected regional chief of the AFN in B.C. for the past six years.

"This is the time for First Nations to really come together around the serious issues around poverty and violence against women and children," Atleo said.

"To deal with the issue of poor housing and mould and unsafe drinking water in our communities."

Atleo said he would build upon Prime Minister Stephen Harper's apology to residential school survivors and work to reconcile First Nations with other Canadians.

Fontaine, who is finishing his third term as national chief, has not said whether or not he will seek a fourth term.

Election

- The election will be held at the AFN annual general meeting in Calgary July 22.

News in brief

PELLET GUN SHOOTINGS Six people were shot with a pellet gun at a bus stop outside Burnaby Mountain Secondary School yesterday, police said. They were treated for minor injuries.

TRUCK CRASH A stolen pickup truck smashed into several parked cars in the Science World parking lot yesterday afternoon, police said. The driver apparently spotted an unmarked police cruiser and tried to flee, police said.

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VANOC sues travel company over alleged ticket sales

Vancouver Olympic organizers are suing Roadtrips, a Winnipeg-based travel company, to stop alleged black-market ticket sales. VANOC claims Roadtrips is deceiving customers because the tickets could be seized and invalidated at any time. **CBC NEWS ONLINE**

Area astronaut set to break Canadian space record

LAUNCH An astronaut from New Westminster is blasting off tomorrow morning for a six-month stint aboard the International Space Station.

Thirsk

At the end of his mission, Robert Thirsk will have set the Canadian record for longest time in space.

He is part of a six-person crew launching from Kazakhstan to join three other astronauts already aboard the space station.

One of their mission goals is to test the endurance of the human body in space. That information could one day lead to colonies on the moon and Mars.

Thirsk, who is taking part in his second trip into space, will serve as the crew's medical officer and robotics specialist.

METRO VANCOUVER

Mission

- While aboard the space station, astronauts will drink water from recycled sweat and urine and eat freeze-dried food.

Four arrested after grocer protest

Greenpeace activists target Canadian stores for carrying Redlist seafood

KRISTEN THOMPSON
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Four Greenpeace activists were arrested in a Victoria Safeway yesterday after locking a freezer of seafood to protest the grocery store's selling of what Greenpeace calls Redlist seafood.

The protesters also filled a shopping cart with canned Redlist fish, locked the cart to the freezer and cordoned off the area with a banner reading: Don't Buy, Don't Sell Redlist Fish.

When the activists refused to leave they were arrested and now face charges of trespassing and mischief.

The protest followed the release of a Greenpeace report Out of Stock, Out of Excuses, ranking Canada's grocery stores on their sustainability efforts under seven criteria, including the number of Redlist species sold.

Safeway received the second-lowest ranking.

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BEN FOX/GREENPEACE

Greenpeace activists protest yesterday inside a Safeway in Victoria.

"Canada's supermarkets are major accomplices in ocean destruction," said Sarah King, a Greenpeace oceans campaigner.

"Safeway is low on the Greenpeace ranking because it refuses to take action to protect our fish stocks from commercial extinction."

"We want Safeway to stop selling Redlist fish and begin implementing policies that promote the sale of sustainable seafood."

The Redlist was developed by Greenpeace and includes 15 species that are unsustainably fished and farmed, including tropical shrimp and prawns, shark, and Atlantic cod.

A representative from Safeway did not return calls by press time.

Campaign

- Greenpeace said it will be confronting 19 grocery stores in five provinces over the next few weeks.
- Its report gives Loblaws 2.4 points out of 10, Sobeys 1.1, Wal-Mart 1, Overwaitea 0.9, Costco 0.7, Safeway 0.3 and Metro 0.1.

Golden Ears opening ahead of schedule

After 10 years of planning and construction, a bridge connecting Surrey and Langley with Pitt Meadows and Maple Ridge is opening ahead of schedule.

The Golden Ears Bridge will open June 16, according to TransLink CEO Tom Prendergast.

"This is a remarkable achievement that will dramatically improve the movement of people and goods through the region," said Prendergast.

The bridge is expected to cut travel time for commuters by 20 to 30 minutes — at a price.

The toll to cross the bridge as a pay-as-you-go customer is $3.90 for a car, $6.65 for a small truck and $9.40 for a large truck.

To cross the bridge as a Quickpass transponder customer the cost is $2.75 for a car, $5.55 for a small truck and $8.30 for a large truck.

However, the tolls will not be charged during the bridge's first 30 days of use.

Revenue collected will go toward construction, operation and maintenance.

KELSEA BLOXAM/ FOR METRO VANCOUVER

Electronic toll

- The bridge features the first electronic tolling system in Western Canada, allowing drivers to be charged without stopping or slowing down.

Sex workshop being opposed, say promoters

ABBOTSFORD Organizers of an Abbotsford seduction workshop aimed at teaching women sexual confidence are facing opposition from local businesses.

Fitness guru Samantha Mack said she has been told to stop putting up posters advertising the workshop organized by Stiletto Storm on community boards.

KELSEA BLOXAM/ FOR METRO VANCOUVER

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'Largest hotel' for Games to dock near Lions Gate Bridge

OLYMPICS An enterprising Edmonton company plans to sail a 1,119-state room cruise ship into Vancouver's harbour to act as a floating hotel for visitors during the 2010 Olympic Games.

"It will be the largest hotel in Vancouver for the Games," said Dennis Laliberte, president of Newwest Special Projects.

Rooms on the semi-inclusive Norwegian Star begin at $350 per night, per person (food is included, but not alcohol).

During the Games the vessel will be docked on the North Shore, adjacent to the Lions Gate Bridge.

The ship is 10 to 15 per cent booked, Laliberte said. Visit vancouver2010cruiseship.com for more details.

METRO VANCOUVER

PHOTO SUBMITTED

The Norwegian Star will be docked in North Vancouver during the Games.

News in brief

WEAPONS CHARGES A 23-year-old Vancouver man is facing weapons charges in Saturday's incident where a police officer fired his gun.

VINEYARDS B.C.'s coldest winter in 15 years has damaged many Okanagan vineyards and could impact the quality and quantity of 2009 wines, CBC News reports.

BODY FOUND The hunt for the captain of a missing tugboat that disappeared after leaving Port McNeill has ended after searchers recovered the boater's body yesterday morning. **METRO NEWS SERVICES**

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Spall Plaza (Kelowna)
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Pine Centre (Prince George)
Piccadilly Mall (Salmon Arm)
Village Green Mall (Vernon)

Whistler
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Squamish
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Farmers revenue rises: StatsCan

Canadian farmers' market cash receipts, a measure of gross revenue, rose 7.5 per cent to $11 billion in the first quarter from the year-earlier period despite the onset of the global recession in the interval, Statistics Canada reported yesterday. REUTERS

Canada

Poll suggests PQ win over Grits

Quebec's separatists have strengthened their standing to the point where they would win provincial elections if a vote were held today, a new poll showed yesterday. The Leger poll has the separatist Parti Quebecois tied with the ruling Liberal party led by Jean Charest, left, at 40 per cent apiece. But because of the way the Liberal votes are concentrated in fewer districts, the Parti Quebecois would win an election. REUTERS

Network chided for Obama commentary

TELEVISION Radio-Canada was wrong to show a skit that joked about the possible assassination of U.S. President Barack Obama and suggested he could be a thief, the Canadian Broadcast Standards Council ruled yesterday. The New Year's Eve Bye Bye comedy program — shown by the French-language Radio-Canada network — generated more than 200 complaints. REUTERS

News in brief

PENALTY Canadian National Railway pleaded guilty and paid fines to settle environmental charges stemming from two high-profile derailments in Western Canada, one in B.C., officials said yesterday. The railroad will pay another $1.8 million. REUTERS

Alberta It's a juggle out there

CANDICE WARDZIER METRO CANADA

Juggler Nikolai Smith prepares his act yesterday for this week's International Children's Festival in St. Albert, Alta. The theme this year will focus on world cultures and Canadian diversity.

EI changes unveiled

Tories refuse demands to relax eligibility rules

The Conservative government unveiled an expansion of jobless benefits yesterday but rejected demands from opposition parties to relax current eligibility rules or risk facing an election over the issue.

It was not immediately clear if the initiative would be enough to keep the Liberals from trying to defeat the Conservative government, which holds only a minority of seats in the House of Commons and must rely on the support of at least one of the three opposition parties to stay in power.

One Liberal official, who asked not to be identified, said the new benefits had already been flagged in the January federal budget and did nothing to address qualifying for Employment Insurance (EI).

Yesterday's announcement, by Human Resources Minister Diane Finley, entailed $500 million in EI spending to help laid-off workers with long tenure to upgrade their skills.

"Measures in our economic action plan demonstrate the government's commitment to improving the EI program to help Canadians adjust to the changing economy," Finley said in Oshawa, Ont., where many auto workers have been laid off following the closure of a General Motors Corp truck plant.

All three opposition parties have demanded the government allow workers across Canada to be eligible for Employment Insurance after working a standard 360 hours as the recession takes its toll. Liberal leader Michael Ignatieff has threatened a non-confidence vote over the issue. REUTERS

Regulations

- Current rules require 420 to 700 hours of work to qualify, depending on the region of the country. The new government initiative did not alter that formula but would allow earlier access to EI benefits for workers using severance packages to invest in training.

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Search for missing girl's body focuses on a pair of lakes
Investigators in Guelph, Ont., shifted the focus of their search for Tori Stafford's body to a pair of lakes in southern Ontario yesterday. It's part of a larger, thorough search for the girl who went missing April 8, police said. TORSTAR NEWS SERVICE

Who says you need to pay for HD TV?

Karim Sunderani flicks through channels on a 40-inch high-definition flat panel television at his Ontario electronics store, Save and Replay. The picture is crystal clear, the sound powerful.

But the stunning HD images don't come via cable or satellite. They come over the air. For free.

"All you need is an antenna, just like in the old days, and an HD television with a digital tuner," says Sunderani.

While there aren't any official government or industry figures, electronics stores across Ontario are reporting surges in demand for antennas. No technical savvy needed — just plug into the back of your HD TV and enjoy as many as 18 high-def channels. And not a cent goes to the cable companies.

The CRTC requires networks to broadcast locally over the air in either analogue or standard definition in order for networks to enjoy low channel placement and must-carry status on cable and satellite providers. That means you can pick up the channels for free if you have an antenna.

Here's why you can pick them up in HD: as of August 2011, all Canadian stations must convert to digital, and high definition is becoming the digital standard.

TORSTAR NEWS SERVICE

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500,000 forced from homes by storm in Bangladesh and India
A cyclone slammed into parts of Bangladesh and eastern India yesterday triggering tidal surges and flooding that forced some half a million people from their homes and killed almost three dozen people. REUTERS

World

French rail workers strike

French rail workers launched a 24-hour strike yesterday to demand pay rises and job security, the first and main event in a day of labour action planned by unions for today to maintain pressure on the government. The unions accuse President Nicolas Sarkozy of not doing enough to save jobs and defend wages. REUTERS

UN condemns N. Korean test

The UN Security Council unanimously condemned North Korea's latest nuclear test yesterday, saying it was a "clear violation" of a previous resolution passed in 2006 after Pyongyang's first atomic test.

Further action at the United Nations was expected in coming days in response to North Korea's second nuclear test conducted early yesterday, which drew strong rebuke from around the world.

"The members of the Security Council have decided to start work immediately on a Security Council resolution on this matter," said the statement, read to reporters after a closed-door council meeting by Russian UN Ambassador Vitaly Churkin.

U.S. President Barack Obama said Pyongyang's nuclear weapon program was a threat to international peace and security and called for an international response. The North's neighbor and long-time benefactor, China, said it was "resolutely opposed" to the test.

Russia, which called the test a threat to regional security, said the blast was about equal in power to the U.S. atom bomb dropped on the Japanese city of Nagasaki during the Second World War, or about 20 times larger than the North's test in 2006, which used about 1,000 tons of TNT. REUTERS

JEE-HWAN KWON / REUTERS

Anti-North Korea protesters burn a mock North Korean missile, the North Korea flag and portraits of its leader Kim Jong-il at a protest in Seoul, South Korea, yesterday. North Korea conducted an underground nuclear test early yesterday.

Militants launch attack on Chevron pipeline in Nigeria

LAGOS Nigerian militants launched their first major strike against the oil industry since the start of a 10-day old military offensive late on Sunday, bombing a Chevron pipeline.

The Movement for the Emancipation of the Niger Delta said in an email it had sabotaged pipelines to several flow stations feeding a Chevron facility in Delta state.

The U.S. energy firm confirmed one of its pipelines in the Abiteye area was breached Sunday and said production had been shut as a precaution while checks were made.

The military began its biggest offensive in years 10 days ago, bombarding militant camps around Warri in Delta state. REUTERS

100,000 Barrels of oil per day typically pumped out by the Chevron pipeline shut by militant attacks Sunday.

News in brief

CLIMATE France and Germany suggested yesterday that rich nations should collectively guarantee deep cuts in gases by 2020 while giving flexibility to laggards such as the U.S. to catch up later.

SWAT Pakistani soldiers were moving from house to house yesterday as they battled militants in the Swat Valley's main town and were expected to take at least a week to secure it, the military said. REUTERS

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First flu case confirmed in Bahrain
A man returning from a trip to New York has been confirmed as having the first case of the new influenza A (H1N1), also known as swine flu in Bahrain, Al Arabiya television reported yesterday, citing the Gulf state's health ministry. REUTERS

Iran refuses to 'freeze' its nuclear work

POLITICS Iran's President Mahmoud Ahmadinejad yesterday rejected a Western proposal for it to "freeze" its nuclear work in return for no new sanctions and ruled out any talks with major powers on the issue.

Motive

- The West accuses Iran of secretly developing atomic weapons. Iran denies the charge and says it only wants nuclear power to generate electricity.

The comments by the conservative president, who is seeking a second term in a June 12 election, are likely to further disappoint the U.S. administration of President Barack Obama, which is seeking to engage Iran diplomatically. The United States, Russia, China, France, Germany and Britain said in April they would invite Iran to a meeting to try and find a diplomatic solution to the nuclear issue. Obama has broken with past U.S. policy by agreeing to direct talks with Iran. REUTERS

Somalia asks for help

President urges international action after attacks

Somali President Sheikh Sharif Ahmed urged the international community yesterday to help his forces fend off hardline Islamist rebels who have hundreds of foreign fighters in their ranks.

Neighbouring states and Western security services fear Somalia, which has been mired in civil war for 18 years, could become a base for al Qaida-linked militants and destabilize the region, unless the new government can defeat them.

A surge in violence this month has killed nearly 200 people in Mogadishu and driven some 60,000 residents from their homes. At least 53 people have died since Friday morning when the government attacked insurgent strongholds in the capital.

Security sources say the hardline Islamist insurgents have been planting more sophisticated roadside bombs in recent months and suicide attacks have become more frequent. The chaos onshore has also allowed piracy to flourish off Somalia's long coastline, prompting an unprecedented deployment by foreign navies to try to curb the attacks. REUTERS

FEISAL OMAR/REUTERS

Displaced children, following renewed clashes, prepare a meal at a camp outside the Somali capital of Mogadishu yesterday.

Karadzic wants charges dropped citing immunity

COURT Former Bosnian Serb leader Radovan Karadzic filed a 140-page motion yesterday arguing charges against him tied to the 1992-1995 Bosnia war should be dropped because he was promised immunity by a top U.S. official.

Karadzic, arrested and brought to the tribunal for former Yugoslavia last year after 11 years on the run, has said since his arrival that former U.S. peace mediator Richard Holbrooke offered him immunity in 1996 if he disappeared from public life.

Karadzic faces two charges of genocide in connection with the 1995 massacre of 8,000 Muslims at Srebrenica. REUTERS

News in brief

ELECTIONS Sri Lanka yesterday took the first step towards holding elections in areas formerly held by the rebel Tamil Tigers, who for the first time acknowledged the death of their founder and leader. Sri Lanka said local government elections would be held as the first step in turning the military victory into the political accommodation that foreign governments have urged since the end of the 25-year civil war last week.

ISRAEL Muslim countries meeting in the Syrian capital criticized Israel yesterday but said they were open to better ties with the Jewish state if it took steps towards a "just and comprehensive" Middle East peace deal. U.S. President Barack Obama is currently formulating a Middle East peace plan that could involve normalization of ties between Israel and the whole Muslim world. REUTERS

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Culinary Arts Friday, May 29, 9:30 a.m. – room 305B	Downtown
Drafting Technician – Steel Detailing Wednesday, June 3, 4 p.m. – room 724	Downtown
Hair Design and Esthetics Wednesday, June 3, 4:30 p.m. – room 201	Downtown

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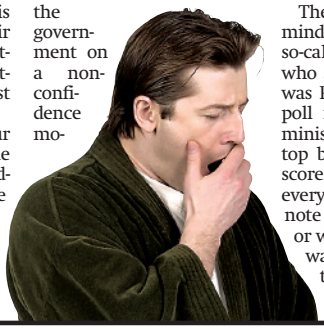
Comment & Views

Comment

Take a break from MPs

It appears (yawn) that we're going to have to put up with election speculation (yawn) every day between now and when the members of Parliament take their three-month summer break. This break (yawn) follows their pre-Easter break, their Easter break and their post-Easter break, which was last week.

Before that (how do our lawmakers endure the strain?) there was their mid-winter break, and before that the Christmas break, and before that the pre-Christmas break when Stephen Harper shut the doors of Parliament to save his government.



When they're not breaking, the MPs are posturing (yawn) as they are now with election bluster. It is clear there won't be an election called before the summer break. For one thing, we just had an election last fall. For another, the issue of changes to employment insurance isn't important enough to trigger a new one. For another, Liberals are unlikely to get the support of the opposition parties to defeat the government on a non-confidence motion.

And so everybody should relax and tune out politics until the MPs return to work in late September before their weeklong Thanksgiving break in mid-October.

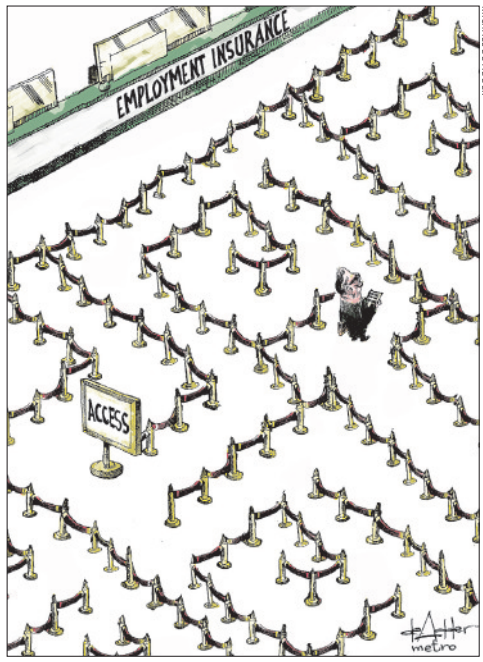
By that time, the Conservatives hope the recession will be easing off and their attack ads will have succeeded in making voters believe Michael Ignatieff is an arrogant elitist whose only interest in this country has been for vacation stopovers.

They should bear in mind, however, that the last so-called arrogant elitist who sat in the king's chair was Pierre Trudeau. A new poll rating modern prime ministers shows Trudeau on top by a huge margin. He scored 39 per cent, with everyone else in the footnote category at 11 per cent or worse. Stephen Harper was at 11 per cent, but the bad news for him was he topped the list for worst PM, scoring 22 per cent.

Trudeau also had the reputation of someone who cared more what was happening in the salons of Paris than the bowling alleys of Moose Jaw. That didn't hurt him either. He also had the reputation of being an intellectual, something else the anti-Iggy ads scorn. That didn't hurt him either.

Come to think of it, maybe the Grits ought to be saluting the ads painting their new guy as an outsider. The thing about Trudeau is he wasn't pedestrian, like (yawn) some latter-day prime ministers we know. That's why he was and is still admired. His outsider aura gave him a compelling mystique. He rose above — as national leaders should — our collective mundanity.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Kuwaiti women inspire historic change

I love it when women put the fear of God into countries. That's how I like to explain Saudi Arabia's decision to delay municipal elections for two years.

It's all the fault of four Kuwaiti women who made history on May 17 by winning seats in their country's parliamentary elections. Their victory was made all the more delicious because fundamentalists long opposed to women's political rights lost several seats.

A day later, the Saudis postponed their elections, slated for October. They know too well the ideas that Saudi women can pick up from their Kuwaiti sisters.

In the aftermath of Iraq's 1990 invasion of Kuwait, many Kuwaiti men and women fled the violence by driving to neighbouring Saudi Arabia. Inspired, 47 Saudi women violated the kingdom's ban on driving by taking to the wheel in a convoy through the capital Riyadh.

They were denounced as whores in mosque sermons, were banned from working for two years and had their passports temporarily confiscated.

And to this day, the country whose oil reserves fuel most of the world's cars continues to deny women the right to drive a car, to vote and to run for office. Men were enfranchised only in 2005, when the kingdom briefly flirted with democracy by allowing its first local elections. Fundamentalist clerics ensured they remained off limits to women.

Just as they had in Kuwait, where for years they blocked legislation for women's suffrage. Women finally won their political rights in 2005, but failed in two subsequent elections to win seats in the 50-member parliament. But now, with neither quotas nor the backing of political parties, the four successful women candidates have proven that once conservative voting habits can change.

Islamists lost eight of their seats — a stinging rejection of their attempts to control Kuwaiti society. They have succeeded in banning co-education at universities and restricting public entertainment and had wanted to implement Islamic law.

Just as women faced down the fundamentalists in Kuwait, they will, too, eventually, in Saudi Arabia. Brave women there are standing up to the conservatives whether online, where they comprise more than half the kingdom's bloggers, or through underground basketball and soccer tournaments that flout the ban on women in public sports.

In February, King Abdullah appointed the kingdom's first woman deputy minister. In reaction, conservative clerics called for a ban on women in media.

When conservative Saudi clerics claim to be upholding "Islam," point to neighbour Kuwait and ask, "Whose Islam?" Saudi Arabia can run but it can't hide from the change that surrounds it.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

Letters

Savouring small things can help in pursuit of happiness

Sunny Side

Re: Savour the little things (May 21)

I really appreciated Andrea Woo's theme to savour the things that bring happiness and to not dwell on those that bring negativity or conflict.

It was very thought-provoking and a valuable perspective to adopt in the endless pursuit of happiness!

PAUL KLAASSEN, CALGARY

Worth mentioning

Scientists reveal list of top 10 new species

A pea-sized seahorse, a "ghost" slug and the world's smallest snake measuring just 104 millimetres (4.1 inches) were among the top 10 new species discovered in 2008, according to a committee of international scientists.

The International Institute for Species Exploration at Arizona State University and an international committee of taxonomists compiled the list from thousands of species found across the globe last year.

Also in the top 10 were a caffeine-free coffee plant from Cameroon, a bacteria that lives in hairspray found by Japanese scientists, a gigantic palm from Madagascar that flowers itself to death, and a deep blue damselfish.

Rounding out the 10 were a snail with a shell that twists around four axes found in limestone hills in Malaysia, the world's longest insect from Borneo that stretches 56.7 centimetres (22.3 inches) and looks like a twig, and a fossilized specimen of the oldest known life-bearing vertebrate from Western Australia.

REUTERS

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Qantas axes some first-class flights 11
Australia's Qantas Airways has temporarily scrapped first class on some routes, as the global economic downturn makes travellers think twice about a little in-flight luxury. REUTERS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Air Canada, credit processor reach deal

Facing a cash crunch brought on by a difficult economy, Air Canada has bought itself more breathing room from one of its credit card processors as the airline seeks to avoid a second bankruptcy protection filing in less than six years.

The country's largest airline said yesterday it has struck a preliminary agreement with an unnamed credit card processor that will reduce the amount of cash Air Canada is required to hold on its balance sheet.

Credit card processing companies act as middlemen between airlines and their customers. When a customer books a ticket through Air Canada's website or a travel agent using a credit card, the processor generally hands money over to the airline within minutes, even though the product — the flight — may not be delivered for up to a year.

Since the card processor can be on the hook if the airline goes out of business, the agreements generally require the airlines to maintain a specific level of cash on their balance sheets or face having payments withheld — money that can be used to reimburse customers whose flights may get cancelled.

At present, Air Canada has about $1 billion in cash on hand and is required by its current credit card processing agreement to maintain cash levels of $900 million.

Under the new agreement, the amount will be reduced to $800 million. Furthermore, if Air Canada can boost its cash levels to $1.2 billion for two consecutive months, the new agreement would increase the airline's required cash levels to $1.1 billion instead of $1.3 billion.

TORSTAR NEWS SERVICE

Struggles

- Air Canada's business and economy-class ticket sales have slumped, with the airline posting a $400-million loss in the first quarter. That's on top of a $1-billion loss in 2008.

CAW ratifies concessions with GM

AUTO The Canadian Auto Workers union said yesterday that its members voted overwhelmingly in favour of a new contract with General Motors Corp. that will put the company's labour costs on par with those at Toyota Canada's nonunionized plants.

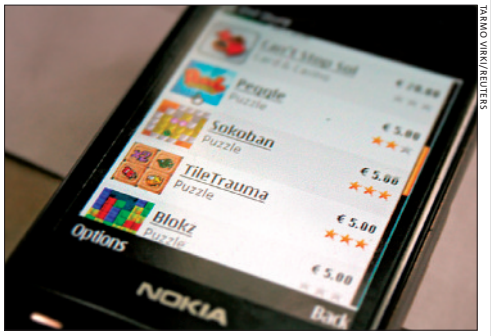
The union said it made the concessions to help GM qualify for long-term financial aid from Ottawa and the Ontario Liberals.

GM workers ratified the new labour pact by a margin of 86 per cent in favour, the CAW said in a statement.

The new contract will bring labour costs at GM's Canadian operations down to about $57 an hour. That's a reduction of roughly $22 to $23 an hour when cuts agreed to by the union and GM in March are included.

"Although we were forced to make a number of important sacrifices, the support we received from our members is proof that they recognize the incredible challenges the industry is facing," said CAW president Ken Lewenza.

REUTERS



TARMO VIRKI/REUTERS

A test version of Nokia's Ovi Store is seen on a wireless device.

Nokia starts rolling out app store

WIRELESS Nokia yesterday began rolling out its much-anticipated online software and content store, Ovi Store, as it aims to follow the success of Apple's App Store.

Nokia said it had started moving Ovi Store to production servers, preparing for the global commercial launch, and the store was opened to users of a few of its phone models in Australia and Singapore yesterday.

Nokia has promised to open the store globally this week.

To cope with slowing phone demand, Nokia is building a new business from mobile Internet services — like games or maps — but is scaling back separate investment plans due to the slowdown, and focusing on merging the delivery of services.

REUTERS

Business in brief

AVIATION A planned code-share partnership between low-cost carriers WestJet Airlines Ltd. and Southwest Airlines Co. will be delayed because of a sharp slowdown in air travel, WestJet said in a surprise announcement yesterday.

OILSANDS Imperial Oil Ltd. yesterday said it would go ahead with its $8-billion Kearl oilsands project, the first major new development to be approved in northern Alberta since the recession forced a spate of cancellations.

REUTERS

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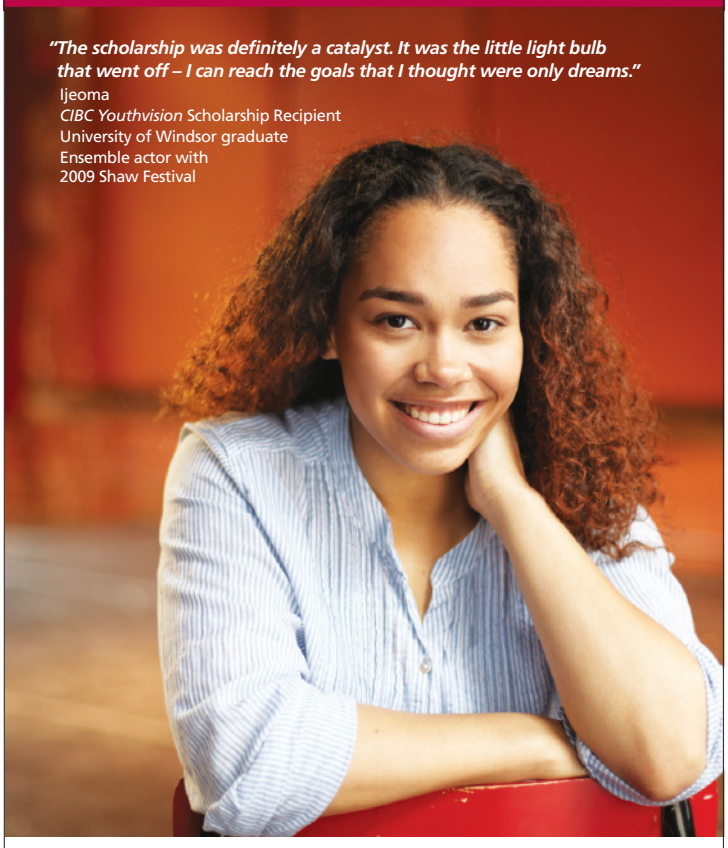
Ten years ago we set out to change lives and build futures.



"The scholarship was definitely a catalyst. It was the little light bulb that went off – I can reach the goals that I thought were only dreams."
Ijeoma
CIBC Youthvision Scholarship Recipient
University of Windsor graduate
Ensemble actor with
2009 Shaw Festival

Ten years ago, CIBC, in partnership with Big Brothers Big Sisters of Canada and the YMCA created the *CIBC Youthvision*™ Scholarship Program to address the academic and financial needs of students and to encourage them to pursue post-secondary education.

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CIBC Youthvision recipients are also paired with trusted, understanding mentors throughout the entire program, who provide support and guidance as they strive to reach their full potential. Recipients surveyed tell us that being awarded the scholarship opened up opportunities that otherwise would not have been available.

To date, we have invested $10 million in the dreams of 330 *CIBC Youthvision* Scholarship recipients and helped shape their futures in ways that they could have only imagined.

Beyond the *CIBC Youthvision* Scholarship Program, over the past five years, CIBC has invested more than $15 million to further strengthen post-secondary education in Canada.

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Credit cards: Know the real score

It's very tempting to pick up a quick cash saving when offered a store card

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Pressure and temptation. It's Saturday afternoon. The lineup at the department store checkout is long enough to make you think you're waiting for tickets to a hot rock concert.

Clutching your sale scores — a coffee maker, a set of towels and a pasta machine (you'll save pennies making penne yourself, right?) — you're easy pickings for the clerk.

He chirps, "Will that be on your (insert store name) card?" When you say no, he looks at you sadly. "Do you have a (insert store name) card?" At your head shake, the clerk's sad look becomes mournful.

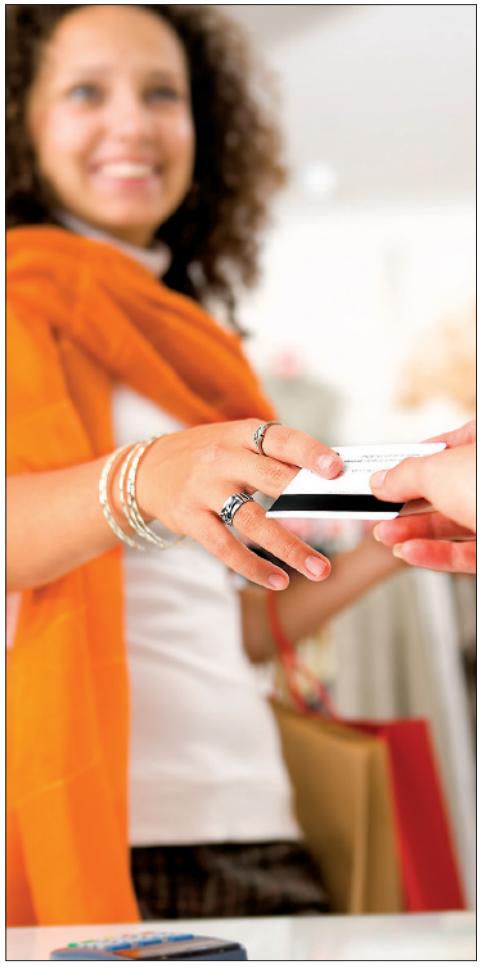
Now comes the tempting pitch and the pressure to decide as a lengthening lineup snakes down the aisle behind you. You could save 10 per cent on your purchases, on top of the 30 per cent sale price. It just takes a minute and can be done right here at the check-out counter.

The implication is that you'd be a fool not to take advantage of this "one-time offer." It's not like you ever have to use the card again.

Hold on a minute. These point-of-sale credit card pitches are incredibly tempting since they offer a quick financial bonus. But take care that you don't ding your credit score for the sake of saving $50.

Every time you acquire a new credit card you increase the total credit available to you which means you pose a higher risk to lenders. Most people who apply for a retail card while making a purchase don't even know what the credit limit will be. You could be signing up for $10,000 in new credit which might have a negative impact on your score.

A lowered credit score means that the next time you need to re-mortgage, buy a car or take out a line of credit, you might have a difficult time getting approved.



When it comes to credit cards from retail outlets, be careful. You may save money on the spot but what about your credit score?

Alison's Money Rule:

- Retail cards can offer a quick financial bonus but take care you don't ding your credit score when you apply.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Investing

Allan Small

Allan Small discusses top five mistakes investors make regarding investment strategy. Visit metronews.ca/investing

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Richmond Centre

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519 West Broadway

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6338 Fraser Street

UNIPAGE
Royal Centre
88 West Pender Street

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SKYNET
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Metropolis at Metrotown
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Grants for a career change

MoneyMatters

Q I worked for a large auto parts company until three months ago. I see this as an opportunity to pursue my passion in cooking. Will I qualify for the apprenticeship program and is it taxable?

— Geoffery

A As layoffs continue to increase in Canada, particularly in the auto, construction and manufacturing sectors, careers are becoming more attractive in other industries. There are many government programs available to help workers get into careers of their choice. The Apprenticeship Incentive Grant (AIG) is one such program.

In these trying times, it all helps. The AIG provides $1,000 per year to a maximum of $2,000 to eligible individuals that have completed their first or second year in an approved program. The grant can be used to pay for tuition, materials, etc. Money received is taxable and reported on filing tax return.

Eligibility for AIG:

- Individual must be Canadian citizen, permanent resident or protected person
- Out of high school
- Registered in a Red Seal trade and with employer
- Show progress within an eligible apprenticeship program

The list of Red Seal Trades are extensive and include trades such as cooks, plumbers, electricians, auto mechanics, hairstylists, cabinet makers, tool and dye makers, bakers, etc. Check out Service Canada's website for full list.

Introduced this year, as part of the Canada's Economic Action Plan, an additional $2,000 taxable grant is available for apprentices that complete their apprenticeship. These programs provide great incentives but the motivation must come from the individual. Speak to an employment counsellor, they are great source of help.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

Burnley returns to Premier League

Burnley returned to the top flight of English football yesterday with a 1-0 defeat of Sheffield United in the promotion playoff final at Wembley. The Lancashire club, who were relegated from the old first division in 1976, were the better side throughout. REUTERS

Sports

Canseco's MMA debut

Jose Canseco, left, is set to make his mixed martial arts debut tonight in Japan, and he's afraid. "I'm scared. This guy is huge," Canseco, who hit 462 home runs over 17 seasons in the major leagues, told a news conference yesterday. He's scheduled to fight seven-foot-two 330-pound super heavyweight Hong Man Choi of South Korea. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Tavares vs. Hedman

NHL draft combine may determine who's picked first

MATTHEW WUEST
for Metro Canada

John Tavares and Victor Hedman will "run the gauntlet" this week in the race to be drafted No. 1 overall.

The consensus top two prospects for June's NHL entry draft are in Toronto for Central Scouting's annual draft combine and will be put through rigorous physical fitness testing.

Dubbed "running the gauntlet," Central Scouting sets up 16 stations — not for the faint of heart — around the horseshoe perimeter of the Westin Bristol ballroom.

"These kids will be pushed almost to exhaustion," said E.J. McGuire, director of Central Scouting. "It's a chance to show teams what kind of shape you're in. With all the telemetry, if a kid's not in shape, this will tell them."

McGuire said the hardest tests on the gauntlet are the Anaerobic Wingate and the aerobic VO2 max tests.

More than 100 prospects will be put under the microscope at the combine, which also includes a detailed medical review and gives teams a chance to interview prospects.

Tavares, a gifted London Knights sniper and the Ontario Hockey League's all-time leading goal-scorer, and the Swedish Hedman, a 6-foot-5 blueline behemoth with two-way polish, have been battling for the No. 1 spot for two years.

One scouting publication recently added Brampton Battalion forward Matt Duchene to that group.

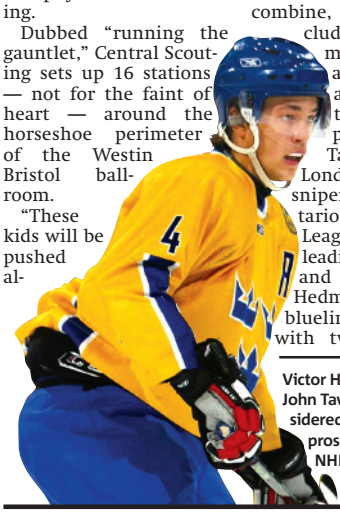
"Sometimes, the combine moves a guy up or down a notch," McGuire said. "Teams have lists ready to go, but the combine might confirm or disconfirm something."

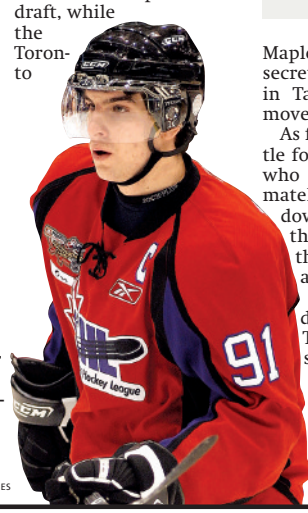
The New York Islanders hold the No. 1 pick in the draft, while the Toronto Maple Leafs have made no secret about their interest in Tavares and want to move up from No. 7.

As for who wins the battle for No. 1? Depends on who you ask, and ultimately, it could come down to the needs of the team who holds the pick. But if you ask McGuire?

"My personal prediction is John Tavares," McGuire said.

"He's going to be a 30-goal scorer for a decade or so in the NHL. What team doesn't want to have that?"





Victor Hedman, left, and John Tavares are widely considered to be the top two prospects in this year's NHL draft.

GETTY IMAGES

Draft order

Top 10 picks in the NHL entry draft, June 26 and 27 in Montreal.

1. New York Islanders
2. Tampa Bay Lightning
3. Colorado Avalanche
4. Atlanta Thrashers
5. Los Angeles Kings
6. Phoenix Coyotes
7. Toronto Maple Leafs
8. Dallas Stars
9. Ottawa Senators
10. Edmonton Oilers

Canada falls to U.S.

SOCCER On a night that held so much promise, it turned out the only bright spot for Canada was the fluorescent soccer boots worn by star striker Christine Sinclair.

The United States, the world's top-ranked women's team, scored the first goal less than two minutes into the game and never looked back, beating Canada 4-0 at BMO Field in Toronto.

The result was a humbling one for the 11th-ranked Canadians, who were making their home debut under new coach Carolina Morace, a former Italian international star hired in February to replace Even Pellerud, who ran the program for nearly nine years.

It was also disappointing for the 10,255 fans on hand who hoped to see Sinclair net the 100th goal of her brilliant international career. She forced U.S. goalkeeper Hope Solo to make her only save of the night in the 17th minute but it was an easy one from 20 yards.

"I'd prefer to lose a game 4-0 against a team of this calibre than have to win a game 3-0 against an easy opponent ... The score was not indicative of the play."
Carolina Morace, head coach

"I'd prefer to lose a game 4-0 against a team of this calibre than have to win a game 3-0 against an easy opponent," an upbeat Morace said through an interpreter.

"I don't believe that the game was a true four-goal difference," she said. "The score was not indicative of the play."

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Denver at L.A. Lakers

THURSDAY
Orlando at Cleveland

NHL

TODAY
Pittsburgh at Carolina

TOMORROW
Chicago at Detroit

MLB

AMERICAN LEAGUE
YESTERDAY
Baltimore 4 Toronto 1
Boston 6 Minnesota 5
Chicago White Sox 17 L.A. Angels 3
Cleveland 11 Tampa Bay 10
Detroit 13 Kansas City 1
N.Y. Yankees 11 Texas 1
Oakland 6 Seattle 1

NATIONAL LEAGUE
YESTERDAY
Cincinnati 8 Houston 5
Florida 5 Philadelphia 3
L.A. Dodgers 16 Colorado 6
Milwaukee 1 St. Louis 0 (10 ings)
N.Y. Mets 5 Washington 2
Pittsburgh 10 Chicago Cubs 8
San Diego 9 Arizona 7 (10 ings)
San Francisco 8 Atlanta 2

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Nuggets pull even with Lakers

VANCOUVER
2010 Games
(Series tied 2-2)
L.A. Lakers 101 Denver 120

DOUG PENSINGER/GETTY IMAGES

Denver's Carmelo Anthony goes up for a shot over Pau Gasol of the L.A. Lakers.

The Nuggets refused to let another fourth-quarter lead slip by the wayside in Game 4 of the Western Conference finals, as Chauncey Billups' 24 points and a solid effort from the free throw line helped Denver upend the Los Angeles Lakers, 120-101, evening the best-of-seven series at two games apiece.

Carmelo Anthony, hampered by an ankle injury and stomach virus, shot a meagre 3-for-16 from the field to finish with 15 points for the Nuggets, who were carried by their bench.

J.R. Smith scored 12 of his 24 points in the fourth quarter, Linas Kleiza chipped in 10 points and Chris Andersen grabbed 14 rebounds, helping the hosts dominate the glass, 58-40. METRO NEWS SERVICES

A gorgeous glow
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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Teen girls using sex as currency

ISTOCK PHOTO

In middle-class Canada, girls are being recruited to provide sexual services to men and boys, documents author Sharlene Azam in her new book Oral Sex is the New Goodnight Kiss.

Author raises awareness of middle-class prostitution in Canada

CELIA MILNE
for Metro Canada

Right under our noses, girls are trading oral sex for pretty shirts and sex for money.

For her new book and film Oral Sex is the New Goodnight Kiss, Canadian journalist Sharlene Azam interviewed teenage and pre-teen girls about sexual attitudes and found many who use sex as currency.

Even in middle-class Canada, girls are being recruited — often by other teens — to provide sexual services to groups of men and boys.

"I was most surprised to learn that there are girls recruiting other girls," Azam told Metro. "It is chilling to sit across from a teenage girl who talks about targeting a pretty, popular girl at her school because she thinks she has everything and is jealous of her."

Parents often believe that their daughters are safe when they are at school, at the mall or chatting on the Internet. But Azam found girls as young as 12 were actually giving oral sex to groups of boys and telling their parents they were hanging out with friends. All the boys had to do was say they "want a piece" of her, and she'd perform oral sex while the others watched, reports Azam, who splits her time between Los Angeles and Vancouver. She also interviewed girls who were willing to pose nude on their webcam and get paid to send the pictures to anonymous men.

"There is very little education or awareness of what is happening to girls because the problem is so new and it is well hidden."

Why are girls today more promiscuous than in the past? "The Internet has sped up teens' sexual willingness and behaviour," says Azam. "Girls are surrounded by a hypersexualized culture where they are being groomed and encouraged to think of themselves as: Hooter's Girl, Stripper, Porn Star. Exposure affects behaviour."

"The Internet has sped up teens' sexual willingness and behaviour."
Canadian journalist Sharlene Azam

Girls who are looking for attention know that a sexy video or picture can give them power and launch them into fame.

This behaviour can have long-term health effects. It could affect the girls' ability to trust men later in life and to have normal, living relationships, says Azam, who is married with a young daughter. In addition, many girls are getting STDs. One public health nurse told her that at the four schools she visits, hundreds of kids have Chlamydia.

Azam suggests that parents pay close attention to their daughters during their teen years and have regular conversations with them about sex. "The parents that I interviewed wished they had paid attention to the warning signs. When you learn that your daughter has traded sex for $60 or has sold her virginity for $1,000, your whole life stops," she says.

a revealing read

• Oral Sex is the New Goodnight Kiss by Sharlene Azam is available through thenewgoodnightkiss.com and Amazon.

Premenstrual shopping

CELIA MILNE
for Metro Canada

Don't stand between a woman and that leopard-print purse she's eyeing at the mall.

She may be premenstrual, and it could get ugly. A new study in the U.K. has found that in the 10 days before their period, women may be under the influence of intense and powerful hormonal urges to shop.

Professor Karen Pine from the University of Hertfordshire presented her theory to the British Psychological Society meeting in Brighton.

Her psychological study involved asking 443 women about their spending habits. She found that women in the luteal, or late, phase of their menstrual cycle were more likely to overspend in the shops. Many of them felt remorse later.

"Spending was less controlled, more impulsive and more excessive for women in the luteal phase," says Pine, explaining that it may be a reaction to intense emotions.

Women may also be "feeling stressed or depressed and are more likely to go shopping to cheer themselves up," she says.

"Spending was less controlled, more impulsive and more excessive for women in the luteal phase."
Karen Pine, professor

Call it retail therapy.

Another force that may be at work is that women with premenstrual symptoms are buying things to make themselves feel more attractive — especially when they are fertile and ovulating, about 14 days before they get their period.

Metro's advice: Just stay out of the way and say, "That looks really good on you."

ISTOCK PHOTO

Fend off bone loss with exercise. For instance, activities like running and walking are known to build bone.

Six reasons to exercise

FITNESS Need an extra push to get active? Let the scientists writing for Harvard University's HEALTHBeat persuade you. Here's what exercise does for you:

1. Lowers your likelihood of getting heart disease. Exercise may help prevent plaque buildup and increase resilience in arteries as you age.

2. Fends off bone loss. Weight-bearing exercises like walking, running, and strength training are known to build bone.

3. Helps prevent diabetes by shaving off excess weight, lowering blood sugar levels, and boosting sensitivity to insulin.

4. Reduces risk for developing cancers of the colon, breast, endometrium (uterine lining), and prostate.

5. May limit and even reverse knee problems by helping to control weight.

6. Lifts spirits by releasing mood-elevating hormones and relieving stress.

CELIA MILNE/FOR METRO CANADA

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Cyber-confess your sins

The J Spot

ISTOCK PHOTO

The Experience Project is an online confessional where people "cyber-confess" about relationship Indiscretions.

I went to a small, rural Catholic school and our priest used to bring a portable confessional and set up in the hallway every other Tuesday. We'd line up to kneel and confess our sins through the little, latticed window, speed through our assigned penance prayers and poof, the slate would be wiped clean for another couple weeks.

The Experience Project (experienceproject.com) is like one big online personal confessional, but instead of confessing that you lied to your parents or took the Lord's name in vain, participants "cyber-confess" that they're in a sexless marriage, that they're having an affair with a married man or that they've fallen hard for a guy who clearly doesn't feel the same way.

"Some of the things we're dealing with may be stuff we're not particularly proud of and can't talk about it to people close to us for fear of judgment or because they simply won't get it," says site founder Armen Berjikly, a 29-year-old computer science engineer in San Francisco. "We need to talk to people who've been there that's often more important than even knowing who you're confessing to."

Unlike social networking sites like Facebook full of party photos and shiny, happy "friends," sharing the minutiae of their daily lives, at experienceproject.com personal details are forbidden and privacy is intensely guarded. But Berjikly insists it's not about being secretive as a way of copping out of being honest in your real life but an alternative to bottling things up or living in denial.

Cyber confessors I spoke to said they found the site helpful because it allowed them to "get certain things off your chest" or "it helped to relieve stress and release hurtful things from the conscience."

Being in a sexless marriage was embarrassing for 42-year-old "Anne." "Had I not stumbled upon the website, I probably would be divorced right now," she says. "My experience set me on the right path to get counseling and work on my marriage instead of giving up and becoming another statistic."

"There is great value if you harness technology to be helpful," says Berjikly, who got the idea for the site when helping a friend with Muscular Dystrophy find online support. "As humans our most challenging experiences are what make us who we are as people and they are what bond us together."

If you're still not convinced of the power of confession, in two years, the site has grown to millions of monthly users and into a full-time job for Berjikly. And that's the truth.

Share your best-kept secret on the Sexcetera blog at metronews.ca. The juiciest secret will win a copy of The Tantric Sex Deck: 50 Paths to Sacred Sex and Lasting Love by Don and Debra Macleod.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

ISTOCK PHOTO

Reduce asthma and allergy reactions by employing eco-friendly cleaning methods like using vinegar as a disinfectant.

Anti-allergy cleaning tips

CELIA MILNE
for Metro Canada

Do you realize that cleaning your home could cause asthma and allergies?

According to the Asthma Society of Canada, chemical fumes from air fresheners and cleaning products are among the most common allergens in the home — along with dust mites, mold and pet dander. Perfume and hair spray are also possible allergens.

For Asthma and Allergy Awareness month (May), Dyson microbiologists have teamed up with the Asthma Society of Canada to raise awareness of cleaning methods that reduce asthma and allergies.

Here are a few cleaning tips for reducing asthma and allergies. These are developed by Lorene Tortolo, who runs keepingHOUSE, an eco-friendly cleaning company in Toronto, as well as experts at Dyson and the Asthma Society of Canada:

- Avoid commercial air fresheners, as they release chemicals into the air. You can create your own air freshener by adding 10 drops of your favourite essential oil to water in a spray bottle.
- Toilet cleaners contain strong chemicals such as chlorine and hydrochloric acid. For a safer cleaner, use undiluted vinegar. Or, believe it or not, you can pour a can of soda pop into your toilet to bubble away grunge.
- Vinegar is a great cleaning product and a natural disinfectant. If you don't like the smell of vinegar, you can dull it down using a few squeezes of lemon or a few drops of your favourite essential oil.
- Baking soda is a natural odour-absorber. To scrub dirt and stains and reduce odours, use a microfibre cloth with a mixture of baking soda and water.
- To keep out pollen, have everyone who enters your home remove their shoes at the door.
- Vacuum all carpets and even curtains and your bath mat regularly. If someone in your household has allergies or asthma, you might consider investing in a Dyson vacuum, as they are specifically designed to reduce allergens.

Sinful or sweet?

Chocolate won't exactly help you lose weight. But researchers are finding good reasons to call dark chocolate a superfood.

- **MAY IMPROVE SKIN** Researchers at Germany's Heinrich Heine University exposed chocolate eaters to ultraviolet light and found that after six weeks, they had 15 percent less skin reddening than those who didn't eat it.
- **CHECKS CANCER** Georgetown University researchers found that when breast cancer cells were treated with chocolate flavanols, the cells stopped dividing. The findings could also apply to other cancers.
- **RELIEVES FATIGUE** Chronic fatigue syndrome patients who ate 1.6 ounces (45 grams) of dark chocolate daily for eight weeks were less tired than when fed placebos. Researchers think it boosts the neurotransmitters regulating sleep and mood.

BEST HEALTH MAGAZINE

Simply Subtle

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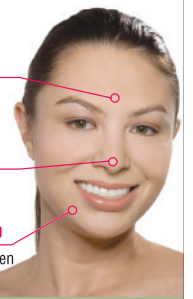

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Bringing sexy back

Tips on working one of the body's major muscle groups

FITNESS One of the sexiest parts of the body is one of the most forgotten at the gym.

"Women especially neglect their backs — they think it will make them bulky," says Daniela Nahas, co-founder of the Best Body Bootcamp and our guide to getting summer-ready. "Not true!"

It's important to train the back, one of the body's major muscle groups, for both function and vanity, Nahas says. A fit, toned back helps you stand tall, perform day-to-day tasks — and look dead sexy in a backless dress or tank top, she says.

"For guys, it will give them a much stronger-looking upper body," she adds.

Nahas recommends a standing cable row, which simulates the pulling motion in many household chores. The exercise also strengthens the core muscles that stabilize the body.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Paola Loriggio shows how to use a cable row to work your back muscles.

The cable row can be done with an exercise band — just loop it around a pole or secure object.

Standing cable row

1. Use a double-handle attachment on the cable machine, at shoulder height. Beginners should start with low weight.
2. Stand tall with abs tight and grab the handles.
3. Step back until arms are straight and a little below shoulder height.
4. Pull the handle toward your chest, keeping elbows close to your sides. Squeeze your shoulder blades together. The motion should come from your upper back.
5. Repeat as many times as you can. That's one set; do three.

TORSTAR NEWS SERVICE

What does your lipstick says about you?

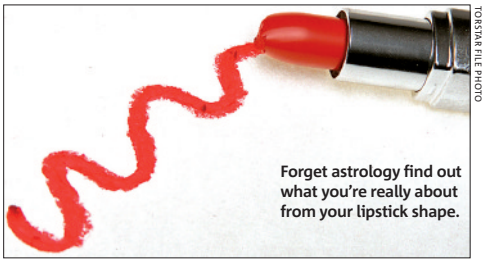
• The Point
The sharper the point, the more ambitious this lipstick's owner is. Those with pointy tips are usually helpful (except when the tip is too sharp — that suggests they have turned mean and hard-edged). If the tip has a roundness, they're happy in their job and their life.

• The Leaning Tower of Pisa
When you come across this shape, you're dealing with a tough, strong and opinionated adversary. (But they have a fun-loving side, enjoy a party and are good sources of office gossip.) A toppling tower indicates rage or a crisis.

• The Reclining Chair
If a lipstick's shape is high on one side, it signals stress. Women with "chairs" are friendly and often organize the office party. They can have split personalities, though. At-work lipsticks can have higher backs than night-time ones.

• The Double-Edged Sword
Two sharp points indicate a woman who knows what she wants and is single-minded about getting it. But double-edged swords are nurturing and value loyalty. If you cross her, though, be prepared for the proverbial knife in the back.

• The Flat Top
You want this woman on your side. She's dependable and even-tempered.



TORSTAR FILE PHOTO

Forget astrology find out what you're really about from your lipstick shape.

besthealthmag.ca
Best Health is now on newsstands. For more Best Health, visit besthealthmag.ca

Health in brief

RESEARCH Listen up, women and girls: Smoking causes breast cancer. An international panel of experts convened by the University of Toronto recently reviewed all the evidence linking smoking to breast cancer and found the association to be strong. Smoking and second-hand smoke both increase the risk of breast cancer. For instance, women who start smoking at an early age have a 20 per cent increased risk of breast cancer, the researchers found.

CELIA MILNE/ FOR METRO CANADA

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why?
yyoga.ca/why

TV's happy Medium

Patricia Arquette's show Medium was cancelled and saved all in the space of 24 hours. Just a day after NBC announced it was dropping the drama series, rival network CBS has picked it up. FEMALEFIRST.CO.UK

Entertainment

Giving chase

Kevin Bacon had his BlackBerry stolen in a New York subway station last week and tried his best to chase down the thief, but to no avail, according to the New York Post.

METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

Album cover art gets facelift

Digital downloading is changing the relationship between music fans and artwork

BRYAN BORZYKOWSKI
for Metro Canada

There's more to a CD than just the music. Flipping through liner notes, reading lyrics and, especially, staring at brilliant cover art is all part of record listening experience. Or at least it was — with legal downloading accounting for 20 per cent of all music sales, the future of album artwork is in jeopardy.

"There seems to be less and less need for artwork," says Bob Mersereau, author of the Top 100 Canadian Albums. "When my son buys a CD he throws the insert away. He doesn't want it; it just gets in the way for him. He's not interested in that experience."

If Mersereau's son is any indication, the days when an album's cover would often resonate more than the music is over. That worries the New Brunswick-based journalist.

"When you say Dark Side of the Moon, what's the first thing that pops into your head? It's not Money. It's that cover. Abbey Road? It's the cover," he says.

While there's no doubt the experience of flipping through a CD booklet is changing, one web-based music store owner doesn't think album art will disappear.

"The future is limitless," says Dave Ullrich, founder of Toronto-based Zunior.com. "It might not be the same as vinyl, but it can be very different and different can be better."

On his website Ullrich gives music buyers the opportunity to download PDFs of a disc's artwork, and he once offered downloaders a high resolution Rheostatics poster that could be printed and framed.

While he's happy to give his customers more than just MP3s, he admits that the future of cover art will soon be far more dynamic than a simple PDF download.

"It doesn't exist yet, but with things like iPhone apps fans will be able to easily dig into lyrics, or even kick back and just listen to music and look at the record's artwork, all on their phone," Ullrich explains.

Michael Wrycraft, a Juno-winning artist who's designed artwork for Bruce Cockburn among other Canadian acts, should be the first one to lament the move to digital. But, not only is he busier than ever before, he thinks the work will keep coming well into the downloading era.

"Artwork on paper may die out years from now, but then someone will download a track, play it on a computer and a screen saver will pop with credits and pictures," he says. "I'm not panicking about my future — I just realize that someday the material I work with might change."

Mersereau, however, thinks the devaluation of cover art is already in full swing, especially when it comes to major label releases. "There's less and less work going into them already," he says. "Take the new Bruce Springsteen, the reviews are great, but it's the ugliest cover you've ever seen. Where are the iconic shots of the past? Where are the great covers that you want to hang up on your wall?"

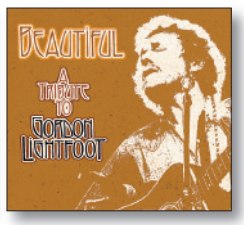
Ullrich agrees that some liner notes aren't as eye-catching as they used to be. He chalks that up to budgeting issues, which can be resolved when digital artwork takes off.

"Creative bands will be able to do some really cool stuff," he says. "Digital is more wide open — it's even more open than what you had in the old days."

STEVE HYMAN/FOR METRO CANADA

PHOTO HANDOUT

ABOVE: Bob Mersereau, author of the Top 100 Canadian Albums, says less work is going into album cover art nowadays. **LEFT:** Juno-Award winning album designer Michael Wrycraft — who does all his work under the moniker "A man called Wrycraft" — says he's not panicking about the future. He's designed album covers for, from left, Blackie and the Rodeo Kings, Watermelon Slim, Bruce Cockburn and Gordon Lightfoot.



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Linkin Park working on new CD

MUSIC Hard at work on its fourth album, rock band Linkin Park has kept busy on a number of other fronts as well, among them its first movie soundtrack.

In addition to the group's contributions to the new Transformers film, some of its members have solo projects in the works. As for the new Linkin Park album, it likely will come out in 2010, according to co-frontman Mike Shinoda.

"It's moving," Shinoda told Billboard.com. "I'd say we've got about half the music done, though I shouldn't say halfway, because who knows how long the next batch of songs will take." REUTERS

Back to Melrose Place
The new Melrose Place is sure to make a splash when it premieres on The CW this fall. Series original Laura Leighton is reprising her bad girl character, Sydney. INTOUCHWEEKLY.COM

Boyle wows again

Singing sensation in final of Britian's Got Talent

Susan Boyle, the frumpy Scottish spinster whose amazing voice has become a global YouTube sensation, stunned audiences again on Sunday as she was voted through to the final of Britain's Got Talent.

Singing Memory from the musical Cats, the 48-year-old overcame initial nerves to produce another command performance, her soaring rendition winning the telephone vote on the talent show.

"You are one special lady, I have to say, you really are," Simon Cowell, one of the panel of three judges, said after Boyle's performance brought the audience to their feet.

Wearing a shimmering purple dress, Boyle looked far more primped and preened than she did on first appearance on the show last month, when her dowdy looks and quirky manner provoked titters from the audience, who assumed she couldn't sing.

GETTY IMAGES

YouTube phenomenon Susan Boyle, 48, scored with audiences once again wtih her rendition of Memory.

This time, her hair was coiffed, her eyebrows were plucked and she looked almost every inch a star in the making.

"What pressure?" she said when asked afterwards if she was nervous. "It was really good tonight, I really enjoyed it ... I'm very happy to be here and thank you all for your support."

Boyle left the judges openmouthed last month with her rendition of I Dreamed a Dream from Les Miserables, which almost immediately became an Internet sensation, watched more than 60 million times on YouTube.

With appearances since on U.S. chat shows hosted by Oprah Winfrey and Larry King, Boyle has become a global sensation, her age and appearance conflicting with most images of modern celebrity.

After her performance on Sunday, Cowell was moved to apologize to Boyle, saying she had been poorly underestimated.

"You know what, I just want to apologize because of the way we treated you before you sang the first time," he said. "You made me and everyone else look very stupid and I'm very happy for you."

Boyle, who sang in choirs as a youngster but always dreamed of a career in London's West End, tried to shut him up, saying she had paid no attention to the global furor.

"I just want to apologize because of the way we treated you before you sang the first time."
Simon Cowell

Since her performance in April, television crews from around the world have camped outside her home in rural Scotland and newspapers have dedicated countless pages to her.

In Sunday's semifinal, Boyle defeated seven other acts including a belly dancer and a Darth Vader impersonator to get through to the final on Saturday.

She will be joined there by Diversity, a troupe of street dancers who came second on Sunday, and two other acts yet to be decided from the second semifinal.

REUTERS

Rowland finds Love on the dance floor

Singer Kelly Rowland was in France last summer when she discovered DJ David Guetta, at one of his exhilarating techno shows in Cannes.

When she later met up with Guetta and asked him to play a new track for her, the French DJ unveiled a pop number built around a lush piano loop and throbbing percussion. The track, which would become the groundwork for When Love Takes Over, moved Rowland to tears.

"I felt so much emotion from the track; something happened the first time I heard it, and it was just beautiful," Rowland says. The former Destiny's Child member took the track to London to write and record the song's vocals.

The finished product was unveiled at a show-stopping joint performance in March at Miami's Ultra Music Festival. Last month, When Love Takes Over was officially released as the first single from Guettas upcoming album, One Love, and bulleted at No. 2 on the Hot Dance Airplay chart.

Rowland

Guetta and Rowland will perform the song at various points on Guetta's continent-crossing DJ tour during the summer.

A sugary, synth-laden ode to the excitement of the unknown, the single marks a sea change in style for both artists. After R&B powerhouse Destiny's Child disbanded in 2005, Rowland released her second solo album, Ms. Kelly, on Columbia Records in 2007. The set offered accessible, uptempo R&B, but none of the tracks was as unabashedly club-oriented as When Love Takes Over.

"I had spent nights dancing in the South of France," Rowland says, "but I had never thought about recording a dance track myself. Hearing David's song made me consider taking on this whole new style." REUTERS

Film on Nazi era wins Palme d'Or

CANNES Austrian director Michael Haneke won the Palme d'Or at the Cannes Film Festival Sunday for The White Ribbon, a chilling exploration of the roots of Nazi terror. Another popular film, A Prophet, a powerful prison drama by France's Jacques Audiard, received the runner up prize.

Marceau fans protest auction

LEGACY A planned sale of costumes, books, art and a battered old hat left by France's Marcel Marceau, one of the world's most famous mime artists, has caused an uproar among fans fighting to keep his legacy intact. A Paris court ordered the auction to pay off debts left by Marceau.

REUTERS

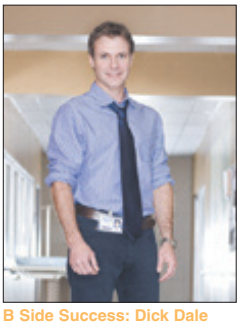
Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 5/26/09	251	308	3 CBC	22 Minutes	Laughs	Rick Mercer	Comedy Fest.	Ron James: Back Home		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Inside Hollywood (CC)		X-Weighted (CC)		Ruby (N)	Style-Famous	CHEK News at
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Canada's Next Top Model		The Mentalist "Scarlett Fever"		Law & Order: SVU		CTV News
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Collateral Damage"		Mental "Pilot" (PA) (CC)		Durham County (CC)		News (N)
	256	389	12 VI	The Road to Avonlea		Reaper (Season Finale) (N)		Castle (CC)		(:01) Without a Trace (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		According-Jim	According-Jim	Hitched or Ditched (CC)		Make Me a Supermodel		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Reaper (Season Finale) (N)		Hitched or Ditched (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Collateral Damage"		The Mentalist "Scarlett Fever"		(:01) Without a Trace (CC)		News
	287	379	16 NBC	Evening Mag.	Inside Edition	TV's 50 Funniest Phrases (N) (CC)				Law & Order: SVU		KING 5 News
	602	568	19 W	Will & Grace	Friends (CC)	Remedy Me	Keep Real	Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	According-Jim	According-Jim	Diamonds (2009, Drama) (Part 2 of 2) James Purefoy. (CC)				KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Choke ★ (2000, Suspense) Dennis Hopper, Michael Madsen.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Ready Digital	Nova (CC) (DVS)		Frontline/World (N)		Independent Lens (N) (CC)		Change Your
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "Adverse Events" (PA)		Mental "Pilot" (PA) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	29 PBS	Frontline/World (N)		My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	Reaper (Season Finale) (N)		Hitched or Ditched (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Bring Wall St
	199	311	66 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	63 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National		My Son, the Pornographer		National
	500	500	68 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet	MLB Baseball Seattle Mariners at Oakland Athletics. (Subject to Blackout)					Sportsnet Connected		Sportsnet
	400	400	60 TSN	NBA Basketball: East Final		SportsCentre (Live) (CC)		In This Corner	Boxing	Final Preview		SportsCentre
	411	457	49 OLN	Dog the Bounty Hunter (CC)		Departures "Thailand" (CC)		Mantracker "Josh & Kyle"		Dog the Bounty Hunter (CC)		Departures
	410	403	24 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	65 SC	Super Bikes!	Super Bikes!	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Drag Race	Drag Race	Super Bikes!
	416	409	144 GLF	(6:00) Fútbol		Gol TV News	Hallo Bundesliga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Survive This	Survive This	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Life in Cold Blood (CC)		What the Ancients Did for Us		Private Life of a Masterpiece		Tailor Made (N) (CC)		Five Cent War
	575	583	20 CMT	Hope & Faith	Hope & Faith	Cheer Moms	Cheer Moms	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	Degrassi: TNG	Degrassi: TNG	One Tree Hill (CC)		TBA	Video on Trial	MuchVibe		Spotlight
	600	564	43 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Design Inc.	HGTV's Top	Dirty Business	House
	615	520	61 A&E	The First 48 (CC)		Manhunters	Manhunters	The First 48 (CC)		The First 48 (CC)		The First 48
	628	584	62 SPKE	Deadliest Warrior (N)		The Ultimate Fighter		CSI: Crime Scene Invstgtn.		Scariest Explosions		Stunts Go Bad
	521	560	64 TLC	Little Couple	Little Couple	Jon & Kate Plus 8 (CC)		18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Dress
	616	522	69 SHO	The Outer Limits (CC)		Mutant X "Deadly Desire"		Testees (CC)	Trailer Park	Trailer Park	Trailer Park	House (CC)
	620	523	70 BVO	Bravonews	Dick Dale	Law & Order "Dining Out"		Without a Trace (CC)		The Opposite of Sex ★★★ (1998) (CC)		
	601	562	71 SLC	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	72 DIS	Deadliest Catch "Deadline"		Daily Planet (CC)		Destroyed	One Way Out	Deadliest Catch "Deadline"		How It's Made
	522	506	74 HIS	NCIS "Stakeout" (CC)		Sandhogs "Looking Forward"		Crime Stories (CC)		NCIS "Stakeout" (CC)		Sea Hunters
	627	528	75 SPC	Extreme Ghost Stories (CC)		Stargate SG-1 "Prophecy"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	97 TBS	The Office	My Boys (N)	The Office	Seinfeld	Sex and-City	Sex and-City	Guess Who ★★ (2005) Bernie Mac. (CC)		
	619	525	98 TROP	Vanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	99 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	The F Word		Good Eats
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Comedy Central Roast (N)		Daily Show
	320	621	30 CEN	Awake ★ (2007) Hayden Christensen. (CC)				One Missed Call ★ (2008) Ed Burns (CC)		Year of the Dog ★★★ (2007) Molly Shannon.		
	581	566	101 MTV	College Life	Beatdown	Teen Cribs	After	Fantasy Fact.	Nitro Circus	College Life	Beatdown	MTV Live
	261	394	102 V	I Prophesy	Supernatural	Poltergeist: The Legacy		Chances Are ★★ (1989) Cybill Shepherd, Ryan O'Neal. (CC)				Paid Program
	-	-	105 MUL	Eight Heroes	Kingdom-Wind	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Mental
Think of it as "Young Dr. House — With a Couch." Chris Vance ("Prison Break") stars as Dr. Jack Gallagher, an iconoclastic young psychiatrist who becomes director of mental health services at a Los Angeles hospital, where his unorthodox methods of solving baffling cases sometimes put him at odds with his boss — and old flame — Nora Skoff (Annabella Sciorra). 9 PM on GTV FOX



B Side Success: Dick Dale
The man known as "king of the surf guitar" is the subject of this special from 2006. Born to a Polish mother and Lebanese father, he found inspiration in Middle Eastern music and in the sounds that played in his head while he surfed, and he translated them into a unique style that caught on with audiences. Younger generations may know Dale's music from the film "Pulp Fiction," which used his signature tune, "Misirlou." 7:30 PM on BVO

Perry needs a pal

Katy Perry is enjoying her music biz success, but she regrets not having someone to share it with. "I don't like being single, no," the singer tells the U.K.'s Cosmopolitan. Perry recently split from Gym Class Heroes front-man Travis McCoy. METRO WORLD NEWS

Celebrity Buzz

Nigel eats his 'ignorant' words

FOOT IN MOUTH Nigel Lythgoe has apologized to GLAAD and his Twitter followers after making comments against a same-sex dance pair on Thursday night's So You Think You Can Dance premiere, reports usmagazine.com.

The judge sparked outrage — including a boycott campaign from GLAAD — after he told male partners Misha Belfer and Mitchel Kibel: "I think you will probably alienate a lot of our audience. I mean, we've always had the guys dance together on the show, but they've never really done it in each other's arms before."

After the show, he posted on Twitter: "The same-sex ballroom guys did remind me of Blades of Glory. However, I'm not a fan of Brokeback ballroom."

In his apology, Lythgoe said he sincerely regrets the fact that he had upset people with his poor word choices and comments. "Professionally and personally, I believe the sexual orientation of an auditioner or contestant is irrelevant. All that said, the fact that I have unintentionally upset people is distressing to me and it is obvious I have made mistakes that I must learn from. I trust that my humour will be more sensitive and mindful moving forward," he wrote.

He also posted on Twitter: "I wholeheartedly apologize for my Brokeback Ballroom Tweet. It was insensitive, ignorant and stupid. I have upset a number of dear friends." METRO NEWS SERVICES

Paris' wild Cannes cruise

TASTELESS Paris Hilton has reportedly been having too good of a time while in Cannes.

After being invited to a friend's private yacht party by Elton John's husband, David Furnish, Hilton and boyfriend Doug Reinhardt were booted from the soiree for unsightly behaviour, according to the Daily Mirror.

"As soon as Paris arrived, she had her tongue down Doug's throat," a source says. "They got so worked up she dragged Doug below deck so they could have some private time.

"But as they were closing the cubicle door so they could tear into each other, they were caught out.

"The captain was furious. He kicked them off for unsociable behaviour." METRO WORLD NEWS

Britney quiet at wedding

HOMECOMING After making a big splash in the Bahamas the day before, Britney Spears emerged Saturday in Amite, La., where she made a low-key appearance as an "honorary" bridesmaid at the wedding of her cousin, Laura Lynne Covington, people.com reports.

"When her brother walked her down the aisle, she looked stunningly calm and beautiful," says one wedding guest. "She was very pretty, low-key. She was not the centre of everything, just pretty and calm and collected."

Later, at the wedding reception, the pop star hung out with her sister and fellow bridesmaid, Jamie Lynn, who toted baby Maddie, and "sat at a table off to the side and visited with local people she knew," says the guest.

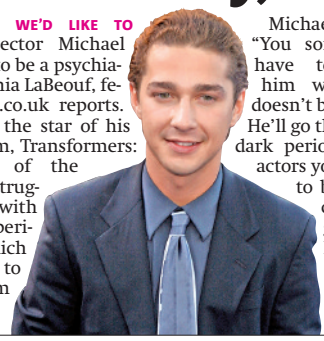
"There was no fanfare," noted the guest. "With all the star power Britney and her family command, it was still the bride's day." METRO NEWS SERVICES

Michael Bay, Shia's shrink

PROBLEMS WE'D LIKE TO HAVE Director Michael Bay had to be a psychiatrist to Shia LaBeouf, femalefirst.co.uk reports. Bay says the star of his latest film, Transformers: Revenge of the Fallen, struggled with "dark periods," which he had to help him through.

Michael said: "You sometimes have to push him when he doesn't believe it. He'll go through a dark period. With actors you've got to be a psychologist. You have to see the darkness coming, especially with funny actors.

"I can see it coming on and I have to say, 'Shia,' and pull him aside. I explain it to him and he'll come out of it. And then he'll say, 'You're right, you're right, I was in that mood.' The reason is they're scared of things sometimes. It's not easy being an actor and putting yourself out there." METRO NEWS SERVICES



Kylie found The One?

TRUE LOVE Australian pop star Kylie Minogue is completely smitten with her Spanish model boyfriend, Andres Velencoso.

"I'm happier with him than I have ever been before. You never know, he could be the one," the singer says, according to the Straits Times.

Minogue and Velencoso have even been shopping for a home in the Spanish fishing village Tossa Del Mar, where Velencoso was born. And they're expected to announce their engagement any day now.

"I am learning Spanish because it would make things easier for us," Minogue says. METRO WORLD NEWS

Beyoncé no housewife

DIRTY GIRL While she's perfectly happy with Jay-Z, Beyoncé Knowles is not much of a housewife.

"When I'm home, I'm so lazy. I mean, I literally drop my shoes there," she admitted while chatting with David Letterman on his talk show. "I can't cook. Anything to do with cleaning, cooking, I'm just bad at it." METRO WORLD NEWS

GETTY IMAGES

SJP spares no expense

SPOILED ROTTEN Sarah Jessica Parker has splashed out more than $23,000 US on her twins' nursery, femalefirst.co.uk reports.

The actress and husband Matthew Broderick are expecting twin girls through a surrogate.

Among their purchases are a more than $7,000 day bed and $8,000 armoire, a $6,000 double crib with Louis XIV bedding and a $2,000 rocking horse from Europe.

A source said: "Sarah Jessica and Matthew will spend whatever it takes to make the nursery perfect. They want to give it a classical French look." METRO NEWS SERVICES

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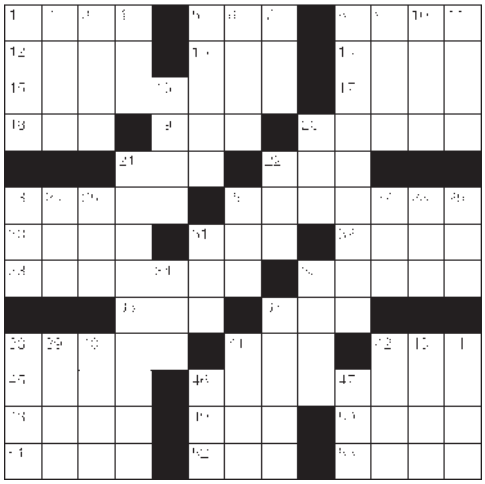


Crossword across

1 Dalmatian's name, maybe
5 Nocturnal bird
8 Squad
12 Saxophone range
13 Actor McBride
14 Gilligan's home
15 Deteriorate
17 New Mexico art colony
18 Big bother
19 Garfield, for one
20 Rhythm partner
21 Pale
22 Chart format
23 Postpone
26 Neckerchief
30 Vicinity
31 Fellow
32 Carolina college
33 Bronx cheer recipients?
35 Robbery
36 Kipling hero
37 Baby blossom
38 Robin Hood portrayer
41 Periodical, briefly
42 "See ya"
45 Libertine
46 Bicycle type
48 Competent
49 Possessed
50 Pealed
51 Prepared to drive
52 Type units
53 Yorkshire river

Crossword down

1 Long story
2 Trudge
3 Director Preminger
4 Excessively
5 Neptune's realm
6 Sharpen
7 Cover
8 "Monopoly" card
9 Birthright barterer
10 Lotion additive
11 Disarray
16 Cicatrix
20 Storage container
21 Lacking willpower
22 Salary
23 Rotation duration
24 Historic time
25 Morass
26 Kramden's wheels
27 Foreman foe
28 Ph. bk. data
29 Pismire
31 Jewel
34 "Ich bin — Berliner"
35 Embraces
37 Music groups
38 "Animal House" group
39 Earring site
40 Christmas
41 Intend
42 Suitor
43 Longings
44 Advantage
46 Commonest English word
47 Expert

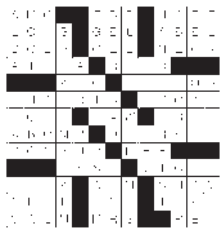
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

7		2			9		1	
				5	7			8
8				1		6		
		3					8	
		8	9		5	1		
	2					5		
		4		3				6
6			5	2				
	5		8			4		7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	4	2	8	6	9	3	7	5
8	5	6	3	7	2	9	4	1
9	7	3	5	1	4	2	6	8
7	8	4	9	5	6	1	2	3
5	6	9	2	3	1	4	8	7
3	2	1	4	8	7	5	9	6
4	1	8	6	2	5	7	3	9
2	3	5	7	9	8	6	1	4
6	9	7	1	4	3	8	5	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Warm Sesame Chicken Salad

INGREDIENTS:

1 lb (500 g) chicken breasts
1 cup (250 ml) fresh whole-wheat breadcrumbs
1 3/4 cups (425 ml) cornflakes, lightly crushed
4 tsp (20 ml) sesame seeds, plus extra to garnish
1 tsp (5 ml) chili powder, or to taste
2 eggs

SALAD:

1/4 white cabbage
1/2 chicory
2 heads endive

HERB DRESSING:

1 tbsp (15 ml) chopped parsley
1 tbsp (15 ml) chopped fresh oregano
1 tbsp (15 ml) chopped fresh tarragon
1 tbsp (15 ml) white wine vinegar
5 tbsp (75 ml) olive oil
1 tsp (5 ml) clear honey
pepper to taste

METHOD:

1. Preheat oven to 400 F (200 C). Slice each chicken breast in half horizontally, then cut lengthwise into strips.
2. Place breadcrumbs, cornflakes, sesame seeds and chili powder in plastic bag and shake to mix well. Break eggs into shallow dish and beat lightly.
3. Dip chicken strips, one at time, in egg, then drop into plastic bag, a few at a time; shake to coat evenly with sesame seed mixture. As chicken strips are coated, transfer to two nonstick baking sheet in single layer.
4. Bake chicken strips 15–20 minutes, turning pieces over halfway through baking time.
5. Meanwhile, for salad, finely shred cabbage and place in large mixing bowl. Pull chicory and endive leaves apart and tear large ones into smaller pieces. Add to mixing bowl.
6. In small screwtop jar, shake herb dressing ingredients. Season with pepper. Pour dressing over salad and toss well.
7. Divide salad among 4 individual plates and pile cooked chicken pieces on top. Garnish with more sesame seeds, then serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
You need a challenge that will bring out the best in you — and you are about to get it. What happens today will require insight and ingenuity.

TAURUS ♉
APRIL 21-MAY 21
It may seem to others that you are aiming too high and expecting too much but you know that you have what it takes. Aim for the big bucks.

GEMINI ♊
MAY 22-JUNE 21
What happens next will open your eyes to new possibilities and you will realize how limited your horizons have been these past few weeks.

CANCER ♋
JUNE 22-JULY 22
You must play by the rules today, even if you are sure you can get away with cutting corners. Just play the game and you'll win.

LEO ♌
JULY 23-AUG 23
Have no fear. Follow your desires wherever they might lead. No matter what it is you choose to do next, you will have the support of friends and family.

VIRGO ♍
AUG 24-SEPT 22
Jupiter, planet of good fortune, is strong in your chart and positive events at home and at work will convince you that you are leading a charmed life.

LIBRA ♎
SEPT 23-OCT 23
You need to work more closely with other people and you need to realize that it is OK for others to have opinions that clash with your own.

SCORPIO ♏
OCT 24-NOV 22
You may think you know everything but according to the planets you have overlooked something important. What did you miss?

SAGITTARIUS ♐
NOV 23-DEC 21
As a Jupiter-ruled Sag you believe that all things are possible, and no doubt they are, but today's cosmic picture urges you to be realistic.

CAPRICORN ♑
DEC 22-JAN 20
Mars in one of the more sensitive areas of your chart urges you to let loved ones know how much you care for them. Don't just say it — prove it.

AQUARIUS ♒
JAN 21-FEB 18
The pace of life is moving faster by the day, if not the hour, but you are clearly enjoying the ride. Take care that you don't overlook important details.

PISCES ♓
FEB 19-MARCH 20
If you are free and easy with your money over the next two or three days you will regret it later when your cash flow dries up.

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